



Relaxation Techniques

Progressive Muscle Relaxation

If you experience anxiety or stress, you may have heard someone recommend relaxation techniques. There are many types of relaxation techniques that are used to help anxiety and stress. Everyone is different and not all relaxation techniques will work for everyone. This resource provides information about one technique, Progressive Muscle Relaxation.

When people feel anxious, their muscles may get tense and make them feel stiff or sore. Progressive muscle relaxation teaches people to relax their muscles and lower tension. It also helps people learn to identify when they are experiencing stress so they can handle it better.

STEPS

1. Be relaxed in a quiet, comfortable place with eyes closed
2. Tense muscle groups, one by one. Use the diagram and instructions below as a guide, starting from the top and moving down the body.
3. Hold the tension for 5 seconds for each body part, then release.
4. Notice how the muscles feel when you relax.
5. This should take about 15 minutes to complete, and be practiced twice a day to start.

